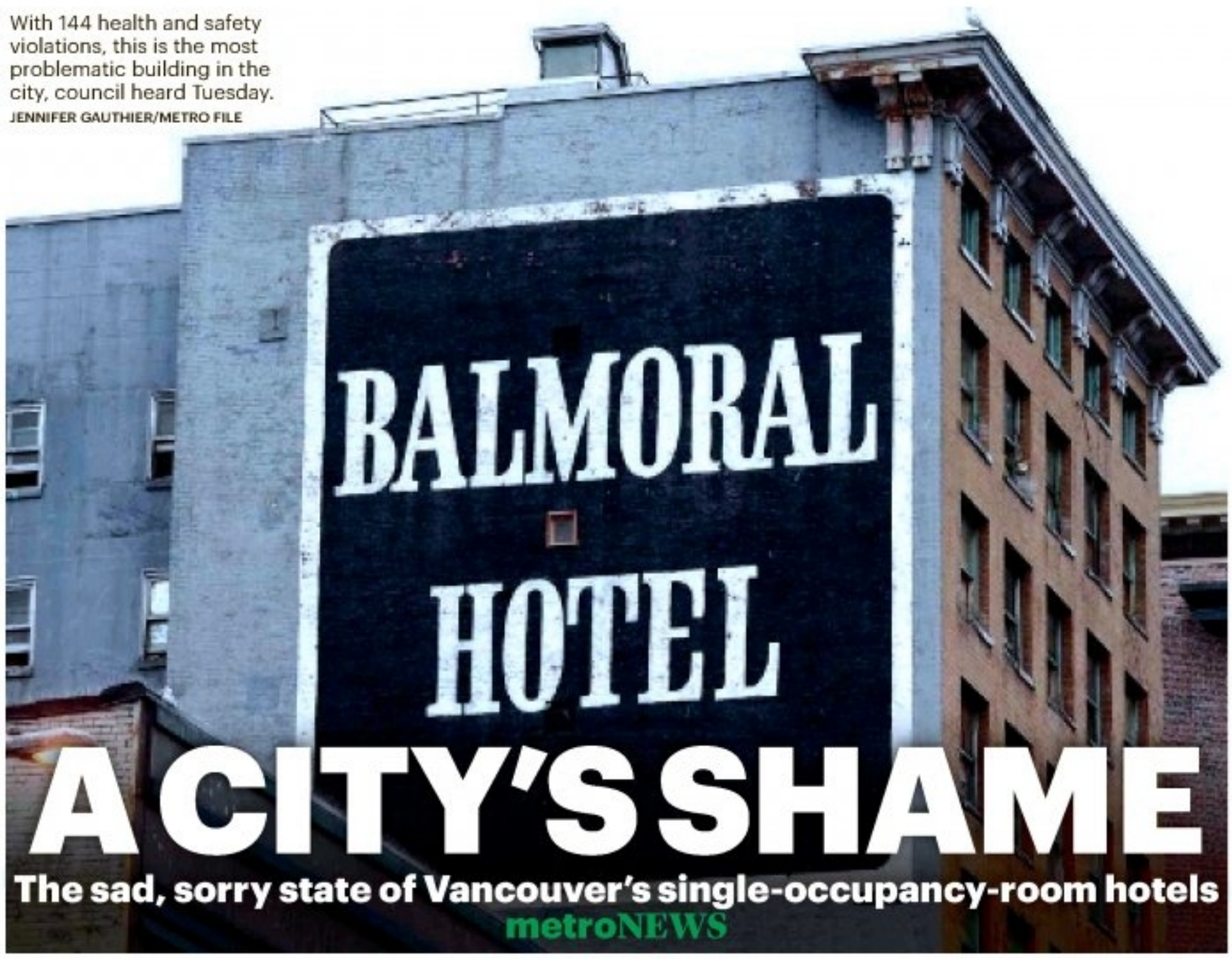
Vancouver metro

Your essential daily news | WEDNESDAY, NOVEMBER 2, 2016 | High 12°C/Low 11°C Rain



With 144 health and safety violations, this is the most problematic building in the city, council heard Tuesday.
JENNIFER GAUTHIER/METRO FILE

A CITY'S SHAME

The sad, sorry state of Vancouver's single-occupancy-room hotels

metroNEWS

Student killed in high school knife attack

ABBOTSFORD

Second female student injured, man in custody

Police say a female student is dead and another is in hospital following a stabbing at a high school in Abbotsford, B.C.

Abbotsford police Chief Bob Rich said a young man is in custody and it appears he is not a student at the school.

Officers were called at 2:05 p.m. Tuesday and arrived at Abbotsford Senior Secondary School to find two female students with stab wounds.

School staff had subdued the suspect while teachers and other students were administering first aid to the victims, Rich said.

The two girls, whose names and ages have not been released, were taken to hospital.

"I am so sorry to tell you now that one of the students has succumbed to her injuries," Rich told media Tuesday night.

The other female student remains in hospital in stable condition, he said.

Both Abbotsford Senior Secondary and Abbotsford Middle Secondary School were locked down while police searched for additional suspects, but none were found.

Police have not yet confirmed the suspect's identity and it's not yet clear whether the suspect knew the victims, Rich said.

The Integrated Homicide Investigations Team is taking over the case.

Police said video of the stabbing was widely shared online.

"Out of respect for the family, we are asking that the video not be shared further and not be broadcasted," Rich said.

The high school will be closed Wednesday, he said.

THE CANADIAN PRESS

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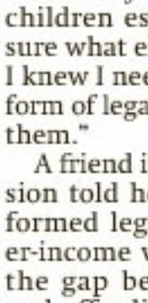
Your essential daily news

Finance Minister Bill Morneau's economic statement boosts infrastructure spending. **Canada**

Five months, 175 women helped

LAW

Legal clinic aims to close gap between income, need



David P. Ball
Metro | Vancouver

Kim Hawkins, executive director, and **Vandana Sood**, supervising lawyer at Rise Women's Legal Centre, at the free law clinic at 201-456 West Broadway Ave. last Thursday. JENNIFER GAUTHIER/METRO

"I was in a grey zone," said Anne, a 51-year-old single mother. "It was so hard to know where I could turn."

The North Shore resident and mother of two — who asked not to be identified, fearing it might impact an ongoing legal case — was involved in a decade-long custody battle with her ex-husband.

But despite having a "decent" income from her retail job, she had racked up significant debts from the legal proceedings that followed her divorce 11 years earlier — she estimated she spent $50,000 on lawyers' fees.

"On paper, my income was too high to get legal aid," she explained, "but I didn't have enough funds to hire a lawyer.

"When the situation between my ex-husband and children escalated, I wasn't sure what else I could do, but I knew I needed to take some form of legal action to protect them."

A friend in the legal profession told her about a newly formed legal clinic for lower-income women caught in the gap between legal aid and affording a lawyer. The Rise Women's Legal Centre, at 201-456 West Broadway Ave., opened its doors on May 24.

Staffed by University of B.C. law students and their professional mentors, the clinic took on Anne's case.

"In 48 hours, I was in their offices," she said. "I found support, validation, help and resources there ... I'd never felt validated before."

The centre's executive director told Metro that in the five months since opening, the clinic has served roughly 175 women for free thanks to enlisting nine law students who gained hands-on clinical experience towards their degrees.

The clinic has managed to help women close up to 60 case files, explained Kim Hawkins in a phone interview, leaving another 110 cases ongoing. Although some of the completed cases were more "summary advice files," she said, others required more intensive involvement — including some court appearances and complex applications.

"We really didn't know what to expect when we opened," Hawkins said. "All we knew was that the need was out there. The downside is that we're not big enough to meet all the need that's out there — we've had a waitlist since we opened."

But funding, which comes from UBC and an anonymous private donor, isn't enough to clear the backlogged waitlist. The centre so far gets no funding from government or legal aid. It also relies on donations from a growing list of B.C. lawyers who know all too well the limits to current legal aid funding in the province.

For Anne, there should be government funding for services like Rise, and she hopes they can spread more widely.

Eventually, thanks to Rise, she said she successfully obtained a restraining order against her ex-husband over him "physically assaulting" their oldest son in an incident he told the court was simply a "rite of passage" for teens.

And after he enrolled in a support program, the clinic helped her apply to rescind the order so their son could resume contact with his dad.

"It takes a tremendous amount of courage to stand up. It's nice to have these students there learning with mentors and advocating on behalf of the client. It's a win-win for everybody."

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Canadians pantsuit up for Hillary

★U.S. ELECTION★

Group plans to wear ensemble in solidarity on election day

Wanyee Li
Metro | Vancouver

With a week to go until the U.S. election, some Canadians are gearing up to show their solidarity with their neighbours by wearing something women were still fighting for just half a century ago — pantsuits.

It's an idea that has already caught on in the U.S., with several American cities participating in National Pantsuit Day on Oct. 22. Burnaby resident and American citizen Marie Cardona says she plans to wear a pantsuit on election day, too.

"The whole pantsuit obviously is a nudge to the idea of Hillary wearing pantsuits all the time, which she does," said the environmental engineer, who moved to B.C. from California four years ago.

Facebook group members plan to wear pantsuits in solidarity with democrats on election day. AP PHOTO/ANDREW HARNIK

"And obviously this is a historical election should she win. She would be the very first female president of the United States and for all of us to be alive during this time is really exciting."

Cardona says she joined the Facebook group Canadian Pantsuit Day for Hillary Nov 8th Nationwide because the private group is a safe venue to show support for the Democratic presidential candidate.

"It's just a safe place to discuss your ideas without trolls coming in and ruining things for you."

She mailed in her ballot Tuesday night and plans to spend election day with family and friends in Los Angeles.

"Sometimes I think I might faint with anxiety. It feels like it has been like the longest year ever," she said.

The group's creator, Marly Weitzke, says she got the idea from the American version of the group, called National Pantsuit Day — Nov. 8. It's an easy way for Canadians to participate on election night, said the Comox, B.C. resident.

Marie Cardona
MARIE CARDONA/CONTRIBUTED

"It's a celebration, using the pantsuit metaphor in support of Americans."

But for some baby boomers, the pantsuit is as much a symbol of empowerment as it is a sign of solidarity, said Weitzke.

"I grew up in Ontario where I had an older brother and when he went to school, he came back and said girls cannot wear pants to school and they have to wear skirts," she said.

"But by the time I started high school in 1971, at least that part had changed. We could wear pants."

COMMUNITY SERVICES

City approves $1M in funding for mental health hub

Jen St. Denis
Metro | Vancouver

St. Paul's Hospital, Vancouver Coastal Health and the City of Vancouver hope a new mental health hub will reduce hospital readmissions for people experiencing mental illness and addiction by 70 per cent.

That was the result seen by St. Michael's Hospital in Toronto when it implemented a similar model. The hub is designed to connect people to community services so they can get long-term help for mental illness and addiction, and avoid hospitalization.

"Mental health and addiction are chronic relapsing medical conditions that are not well-treated in our community," said Dr. Reka Gustafson, medical health officer for Vancouver Coastal Health.

"As part of the fentanyl crisis we are looking at data, what is the clinical course of people who die from or have severe overdoes. We've found that the vast majority of people are known to us, we saw them recently, and the most recent visit was to St. Paul's hospital emergency."

Council approved $1 million in city funds towards the $3.5 million project at a Nov. 1 council meeting.

Other sources of funding are $700,000 from the Vancouver Police Foundation and $1.75 million from the St. Paul's Hospital Foundation, while Vancouver Coastal Health and Providence Health Care will provide $3 million in operating funds over three years.

The centre will include eight beds in a psychiatric clinical care unit, and another eight beds in a transitional unit where people will be able to get referrals to housing, addictions recovery, health services and other community supports.

The city estimates that it spends $30 million a year in policing, emergency housing, capital for housing, homelessness outreach and social grants, money that could potentially be saved through a more integrated approach, according to city staff.

"Every time our Vancouver Police Department brings an individual in under (the Mental Health Act), they're waiting one hour and 20 minutes" in the emergency room, said Jennifer Duff, regional director for mental health and substance abuse with Providence Health. "It's an old, old building and simply put, there's nowhere else to go."

The long term plan for St. Paul's is to replace it with a new hospital in northeast False Creek, so the hub will be built using prefabricated, modular construction — a building method the city is also experimenting with to provide housing for people who are homeless or at risk of homelessness.

Because modular is quick to construct, the hub is anticipated to be up and running by this spring.

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Clocks changing makes roads riskier

ROAD SAFETY

Study discovers deaths spike as hour goes back

David P. Ball
Metro | Vancouver

British Columbians will turn their clocks back an hour on Sunday, but few realize they should probably also watch for oncoming traffic a little more carefully next week.

Statistics show pedestrian fatalities increase during the darker winter months — and even more dramatically in the days immediately after the end of Daylight Savings Time.

"Research and experience tells us that roads are more dangerous in the days after the clocks change," said State Farm Canada spokesman John Bordignon in a press release. "Pedestrian injuries and deaths are preventable and both drivers and pedestrians have a role to play in ensuring safety.

"Having drivers and pedestrians being patient, focused and obeying the rules of the road are essential in making sure that you and others around you get to your destinations safely."

The private insurer released the results of a national poll Tuesday examining British Columbians' attitudes to common unsafe practices on the province's streets and sidewalks. The poll found that 77 per cent of B.C. respondents of driving age jaywalk, or cross the street illegally.

More than half of the opinion poll's 3,000 respondents across Canada — conducted in March — didn't realize that the danger of crossing the road increases when clocks fall back, due to reduced visibility and increased darkness.

A road sign warning against pedestrians focusing on their smartphones. JONATHAN NACKSTRAND/AFP/GETTY IMAGES

OVERDOSE CRISIS

Coroner announces drug deaths panel

British Columbia's chief coroner has announced the formation of a specialized drug-death investigation team as part of the province's effort to fight an opioid overdose crisis.

Lisa Lapointe has said most of the fatal overdoses are the result of people taking fentanyl with another drug, mostly cocaine, and many don't know they're ingesting the deadly opioid.

"Along with our health, community and law enforcement partners, the BC Coroners Service has been deeply concerned about the rising number of illicit drug deaths in our province," Lapointe said Tuesday.

Coroners service spokeswoman Barb McLintock said a specialized team will investigate drug deaths in greater depth.

She said funding will come from the $10-million fund announced by Premier Christy Clark in September for various projects including a centre for research addiction.

McLintock said the first drug-death investigation is expected to begin next month and eventually all drug deaths that have already been investigated in 2016 will be more thoroughly analyzed.

The coroners service said there were 555 illicit drug overdose deaths in the province from January to September 2016 compared with 355 deaths during the same period last year.

People aged 19 to 29 and 30 to 39 have accounted for the largest percentage of deaths in the first nine months of this year, and 80 per cent of those killed were men, the service said.

Lapointe also announced Tuesday that a public inquest will be held into the death of 20-year-old Coquitlam resident Brandon Jansen.

He died on March 7 while he was a resident at a substance-abuse treatment centre in Powell River.

"A public inquest will provide another avenue to explore some of the issues we have found arising in these deaths and, it is hoped, for a well-informed jury to make practical and useful recommendations to help prevent similar deaths in the future," Lapointe said.

Jennifer Woodside, whose 21-year son Dylan Bassler died in April 2014 after taking one oxycodone pill laced with fentanyl, said he was a gifted studio arts student at Capilano University and would have contributed to society. THE CANADIAN PRESS

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If you are interested in becoming involved please contact *Jess McKenzie* at the Pacific Parkinson's Research Centre at *604-822-7764* for more information.

UBC Pacific Parkinson's Research Centre
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Trinity Western wins legal battle

EDUCATION

University to open Christian law school

A decisive legal victory in British Columbia has put an evangelical Christian university one step closer in its bid to secure recognition for its proposed law school.

The Appeal Court of B.C. ruled in favour of Trinity Western University on Tuesday, describing efforts by B.C.'s law society to deny accreditation to the school's future lawyers as "unreasonable."

The dispute centres around the university's community covenant that bans its students from having sexual relations outside of heterosexual marriage.

In a unanimous decision, a panel of five judges said the negative impact on Trinity Western's religious freedoms would be severe and far outweigh the minimal effect accreditation would have on gay and lesbian rights.

"A society that does not admit of and accommodate differences cannot be a free and democratic society - one in which its citizens are free to think, to disagree, to debate and to challenge the accepted view without fear of reprisal," says the 66-page judgment.

The Appeal Court of B.C. ruled in favour of Trinity Western University on Tuesday.
DARRYL DYCK/THE CANADIAN PRESS

"This case demonstrates that a well-intentioned majority acting in the name of tolerance and liberalism can, if unchecked, impose its views on the minority in a manner that is in itself intolerant and illiberal."

The decision upholds last year's B.C. Supreme Court ruling against the Law Society of B.C. and its move to prevent the school's future alumni from working in the province as lawyers.

Amy Robertson, spokeswoman for Trinity Western, described the ruling as no surprise and "exactly the decision we were looking for."

"It's a very good day at Trinity Western," Robertson said.

"For us, this is a real protection of Canadian identity. We live in a country where the government doesn't tell us what to believe. We live in a country where diversity is celebrated."

> **For us, this is a real protection of Canadian identity.**
> Amy Robertson

In a written statement, B.C. Law Society spokeswoman Vinnie Yuen said the Appeal Court decision "added another dimension to an already complex issue." The society will review the ruling before considering its next steps, she said.

The law society has argued that the controversial code of conduct discriminates against gays and lesbians hoping to enter the legal profession.

The Appeal Court found that denying approval to Trinity Western would not enhance access to law school for members of the LGBTQ community and therefore wouldn't help the law society meet its public-interest objectives.

Trinity Western's proposed law program has stirred up controversy elsewhere, with both Nova Scotia and Ontario's law societies challenging the school's push for recognition.

The Nova Scotia Court of Appeal denied the N.S. Barristers' Society's efforts to prevent the school's law graduates from receiving accreditation.

Ontario's Appeal Court upheld a ruling against Trinity Western, approving the law society's attempt in that province to deny recognition to the university's future law graduates.

Robertson said Trinity Western applied about a week ago for leave to appeal the Ontario ruling and expects the case to go to the Supreme Court of Canada.

THE CANADIAN PRESS

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CRIME

Man dies in Plaza stabbing

Wanyee Li
Metro | Vancouver

One man has died and two people were in hospital after a stabbing occurred at the Plaza of Nations around 2 a.m. Tuesday, according to Vancouver police.

A 25-year-old Burnaby man was taken to hospital, along with another victim, with critical injuries Tuesday morning but has since died, according to Sgt. Brian Montague with the Vancouver Police Department.

A third victim is also being treated at hospital for less critical injuries, he said.

Officers have taken several suspects and witnesses into custody.

"We're trying to get as much information as we can but at this point everyone is fairly uncooperative. It gives you an idea of the individuals we are dealing with," said Montague."It appears the stabbing involved two groups of people … it doesn't appear random. It does appear as though there was an altercation of some sort."

It is not known whether the suspects were at a nightclub or casino prior to the stabbing.

This is Vancouver's tenth homicide in 2016.

Police responded to 600 other calls between 4 p.m. Monday and 4 a.m. Tuesday, which is typical of a Halloween night, according to Montague.

VPD is gathering forensic evidence and are asking anyone with information to call VPD Major Crime Section at 604-717-2500 or Crime Stoppers at 1-800-222-8477.

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Staff punished for repairs: Clerk

DOWNTOWN EASTSIDE

Regent said to have 'systemic plan' to skip maintenance

Matt Kieltyka
Metro | Vancouver

Staff at one of Vancouver's most notorious residential buildings would be threatened with fines if they tried to call a repairman, court documents allege.

The affidavit of Anjantha Dharmapala, a former employee of the Downtown Eastside's Regent Hotel — filed recently in B.C. Supreme Court as part of the residents' lawsuit against the building's landlord — highlights how management allegedly went out of its way to pay for as few repairs as possible and frustrate city inspectors.

None of the allegations have been proven in court.

The Regent is owned and operated by Triville Enterprises Ltd., though the lawsuit also names Parkash, Pal, Gurdyal and Kirin Sahota as defendants.

Parkash is the sole legal shareholder of Triville but has no role in the management of the Regent, while the rest of the Sahotas have no legal shares or role in its operations, a filing made by their lawyer argues.

In his affidavit, however, Dharmapala alleges the Sahotas were active in the running of the building and outlined how they "have a deliberate and systemic plan to do as few repairs and as little maintenance as possible."

"I was not permitted to authorize repairs or maintenance at any of the hotels, even when I was account supervisor," Dharmapala said. "Staff at the hotels are very strictly directed never to themselves authorize repairs or maintenance. The Sahotas would sometimes fine SRO desk clerks $200 for calling the elevator company when the elevators got stuck between floors."

The Regent Hotel at 160 East Hastings St. The owners of both the Regent and the Balmoral Hotel are named in two class-action lawsuits by tenants. MATT KIELTYKA/METRO FILE

The former employee, who worked at the Regent and Balmoral hotels between 2007 and July 2016, alleged the landlords' plan for dealing with the city and its inspectors "was to wait long enough for the city to just go away so that the repairs or maintenance would never need to be done."

PHOTO BY JEN ST. DENIS/METRO FILE

> **"The Sahotas would sometimes fine desk clerks $200 for calling the elevator company when the elevators got stuck."**
> Anjantha Dharmapala

When repairs had to be made, Dharmapala alleges, "Gurdyal and Pal Sahota hired unskilled tenants to do grouting work on the Regent Hotel, to fix the elevators at the Regent Hotel and to attempt to repair the structurally unsound support beam in the basement of the Balmoral Hotel."

"The work is often done secretly in the middle of the night because the inspectors are not around," his affidavit reads. The city, he testifies, "just appears to lack the resources to deal with the Sahotas' tactics."

The Regent's tenants are suing the Sahotas and the city alleging the hotel lacks heat, hot water, regularly working elevators and a safe fire escape, among other health and safety issues.

If repairs aren't made to the building by Nov. 24, their lawyer, Jason Gratl, says the tenants will seek an unprecedented court injunction to force the repairs.

Residents of the Balmoral, another Triville-owned building, have filed a similar class-action lawsuit.

Calls made by Metro to Triville seeking comment went unanswered.

City seeks new tactics, powers to address problem buildings

Jen St. Denis
Metro | Vancouver

Vancouver city staff are working on a revamped approach that includes equal parts carrot and stick to try to improve the filthy, infested and chronically broken buildings that house the city's poorest.

"It's more about working with and seeing how owners are responding, and then pursuing enforcement if they're not co-operative and also providing pathways to achieve outcomes," Kaye Krishna, general manager of development services, building and licensing, told city councillors at a Nov. 1 council meeting.

The strategy could even involve financial help for owners of decrepit single-room occupancies (SROs), such as a loan for capital improvements — but that would likely come with requirements for affordability and building quality, Krishna said.

The city has seen an overall reduction in health-and-safety violations, a trend Krishna attributed in part to a rental standards database that has helped the city identify problem buildings.

But two buildings in particular continue to be outliers: the Balmoral Hotel currently has 144 violations, while the Regent Hotel has 64. Those two, and three more buildings that together make up the top five most problematic buildings in the city, are all owned by the Sahota family.

The city and the Sahotas are currently named in two class-action lawsuits filed by tenants of the Balmoral and the Regent, who allege the city failed to enforce its own standard of maintenance bylaw. That bylaw allows the city to issue an order for repairs to be completed within 60 days, and if repairs are not done, to complete the needed work and bill the building owner.

The city currently meets with the Sahotas once a month "and they are actively working on these buildings," Krishna said.

The city has struck an SRO hotel task force, made up of building owners, tenants and community advocates, to take a new look at the issue. It will submit a final report to council by late December.

The city needs stronger enforcement tools, Krishna said, comparing the 60-day window to other cities: San Francisco requires needed repairs to be done within seven days, while New York has a 24-48 hour turnaround if the disrepair is putting tenants in danger.

The city will go to the province seeking legislative changes when the task force completes its work, Krishna said.

Kaye Krishna, general manager of development services, building and licensing for the city, has struck a task force to deal with problem buildings. JENNIFER GAUTHIER/METRO

‘Need is great’ for infrastructure funds

ECONOMY

Liberals eye major spending plans as tonic for growth

The federal Liberals are placing their hopes for economic growth on increased infrastructure spending and wooing foreign investment and talent to Canada.

In an economic update Tuesday afternoon, Finance Minister Bill Morneau revealed the Liberals intend to spend an additional $81 billion over the coming 11 years on federal infrastructure projects.

“This is unprecedented in Canada’s history, and it comes at a time when the need is great,” Morneau told the House of Commons.

The Liberals are framing their double-down on infrastructure spending against the backdrop of a sluggish national economy and uncertain international growth.

Since the March budget, private sector forecasters have downgraded their expectations for the Canadian economy, predicting it will grow by 1.2 per cent in 2016-17, down from 1.4 per cent, and just 1 per cent in 2018-19, down from 2 per cent.

The slowdown is taking its toll on federal revenues, with this year’s budget deficit now expected to come in at $24.7 billion, after drawing on the $6 billion that the Liberals had set aside as a rainy day fund. Indeed, the Liberals now expect to use that contingency fund in each of the coming five years.

Private sector estimates expect Canada’s debt-to-GDP ratio to remain relatively stable over the next five years, even with the increased borrowing.

Yet the plan for higher spending and deeper deficits drew the ire of the opposition Conservatives, who accused Prime Minister Justin Trudeau of “doubling down on his failed plan.”

Total spending on new and existing infrastructure projects is expected to rise from $13 billion in 2016-17 to $17.5 billion in 2019-20, the end of the Liberals’ first mandate. Over the 11-year timeframe provided by Morneau on Tuesday, total infrastructure spending is expected to reach $186.7 billion. TORSTAR NEWS SERVICE

BY THE NUMBERS SPENDING BREAKDOWN

$23B	$21.9B	$21.9B
Amount of spending allotted for public transit	Amount of spending allotted for green projects	Amount allotted for social infrastructure

EQUALITY

UN group chides Canada for treatment of black people

A UN working group on issues affecting black people is raising alarm over poverty, poor health, low educational attainment and overrepresentation of African Canadians in justice and children’s aid systems.

The findings were made by the United Nations Working Group of Experts on People of African Descent after its first cross-Canada mission in October.

Previous attempts to visit Canada by the group failed under the former Conservative government, but it was made possible this time with an invitation by the Trudeau Liberals.

“Canada’s history of enslavement, racial segregation, and marginalization, has had a deleterious impact on people of African descent which must be addressed in partnership with communities,” the group wrote in its preliminary report.

Dena Smith of Toronto’s African Canadian Legal Clinic was happy the working group acknowledged some of the key issues faced by the community.

While the findings and recommendations are not binding, Smith said they highlight the challenges faced by African Canadians for the international community and hopefully put more pressure on Ottawa to rectify the inequities.

“The situation is only going to get worse,” said Smith. “We have families in the community torn apart at an alarming rate. The future looks pretty bleak for our young people.”

The UN delegation was in Toronto, Ottawa, Montreal and Halifax to meet with government officials, community members and rights groups to identify good practices and gaps in protecting the rights of black people. TORSTAR NEWS SERVICE

Activists from the Black Lives Matter movement lead the annual Pride Parade, in Toronto on July 3.

MARK BLINCH/THE CANADIAN PRESS

Trudeau to apologize for ‘purge’ of gay military members

Todd Ross, 47, came out as gay to a stranger in 1990.

It was no ordinary stranger, either, but a military interrogator grilling him about his sexual orientation, with Ross strapped to a polygraph machine, seated in a chair facing a two-way mirror, a recording device capturing his confession.

“I had not even come out to myself,” Ross said Tuesday. “I knew an injustice was done. I knew it was not right.”

The story of how Ross was given an honourable discharge — the result of an ultimatum — from the Canadian Armed Forces, where he had served as a naval officer aboard HMCS Saskatchewan in the late 1980s, is contained in the statement of claim for one of two class-action lawsuits being brought against the Liberal government on behalf of LGBTQ people who say they were persecuted and forced out of their military and civil servant jobs.

“We have been waiting patiently for the federal government to take action to address these grievances, but so far we have just had kind words and no action,” Doug Elliott, a Toronto-based lawyer and veteran gay rights activist, said Tuesday.

Prime Minister Justin Trudeau is expected to make a formal apology to people in the LGBTQ community for past discrimination sanctioned by the state, following a government-wide review of the related issues.

That is likely to include those who suffered after the military and federal government began pushing members of the LGBTQ community out of their jobs in the 1950s.

That “purge,” as Elliott called it, continued even after homosexual acts were decriminalized in 1969, following a Criminal Code review that saw Pierre Trudeau, who was then justice minister, famously declare: “There’s no place for the state in the bedrooms of the nation.” THE CANADIAN PRESS

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LOCATION:
Metrotown – Old Navy Community Room (located down the corridor from Old Navy)
2147 – 4700 Kingsway, Burnaby
commissionaires.bc.ca/careers

In the final stretch of the campaign, Hillary Clinton and Donald Trump are focusing less on their visions for the country and more on what a catastrophe the other person would be in the White House. GETTY IMAGES AND THE ASSOCIATED PRESS

Candidates focusing on each other

★U.S. ELECTION★

Clinton, Trump paint the other as total disaster

Donald Trump could draw the United States into nuclear war, Hillary Clinton warns. Clinton would plunge the country into a constitutional crisis, he says.

As the caustic presidential race lurches toward the finish line, each candidate is aggressively casting the other as a catastrophic choice for the White House. Making an affirmative case about their own qualifications and vision has become a secondary priority.

It's an ugly conclusion to a contest featuring two of the most unpopular presidential candidates in modern American politics. The sexual-assault accusations that have trailed Trump in the race's closing weeks and a new FBI review into Clinton's email habits seem likely to only reinforce the public's negative perceptions, leaving the candidates to essentially argue to voters that they're the best of two unappealing options.

"I would rather be here talking about nearly anything else," Clinton said Tuesday during a rally in Florida where she levelled a series of attacks on Trump's character and preparedness for the White House. "But I can't just talk about all of the good things we want to do."

Indeed, Clinton's speeches in this final full week of campaigning have overwhelmingly focused on Trump. On Monday, she warned against giving Trump the authority to order a nuclear attack, bringing along a former nuclear launch officer to bolster her point.

"Imagine his advisers afraid to tell him what he doesn't want to hear, racing against his legendarily short attention span to lay out life-and-death choices too complex to be reduced to a single tweet," Clinton said Monday in Ohio. "Then imagine him plunging us into a war because somebody got under his very thin skin."

After spending much of the summer and fall tearing Trump down, Clinton had planned to close the campaign on a more positive note. She talked about giving Americans something to vote for, not just against. And with public opinion polls showing her with solid leads in most battleground states, she started talking about healing divisions and unifying the country after the election.

But her advisers say they saw polls tighten even before the FBI launched its new email review. The campaign now believes she needs to make a last push to define Trump as an unacceptable choice in order to seal the deal with persuadable voters.

On Tuesday, Clinton focused on Trump's demeaning and predatory comments about women, calling him a "bully." This time she brought with her former Miss Universe Alicia Machado. Trump criticized Machado for gaining weight after winning the 1996 contest.

Trump's campaign rhetoric has always been dark, full of searing depictions of a crumbling nation, and he has not been shy about going negative on Clinton. He routinely calls her "Crooked Hillary" and "the most corrupt person ever to run for the White House."

THE ASSOCIATED PRESS

Major urban warfare lies ahead for Mosul

Iraq's special forces fought their way into the outskirts of Mosul on Tuesday, taking its state television building despite resistance by Daesh that is only likely to stiffen when combat reaches the inner city.

It was the first time Iraqi troops have set foot in Mosul in more than two years. The advance was the start of what is likely to be a grueling and slow operation for the forces as they fend off booby traps and ambushes in difficult, house-to-house fighting expected to take weeks.

Troops entered Gogjali, a neighbourhood inside Mosul's city limits, and later the outskirts of the more built-up Karama district, according to Maj. Gen. Sami al-Aridi of the Iraqi special forces.

Inside the village of Bazwaya, five kilometres east of Mosul, white flags hung from buildings, put up a day earlier by residents eager to show they would not resist the Iraqi forces' advance. Some residents stood outside their homes, and children raised their hands with V-for-victory signs. THE ASSOCIATED PRESS

An Iraqi boy who was displaced from the village of Abu Shuwayhah, south of Mosul, carries a white flag as locals return to their village after the arrival of Iraqi forces. AFP/GETTY IMAGES

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Canada Post to replace locks

MAINTENANCE

Thousands of faulty mail boxes frozen shut last winter

Canada Post is replacing the locks on thousands of community mailboxes after an "unacceptable" number of customers had their mailboxes frozen shut last winter.

Spokesman Jon Hamilton says the locks on community mailboxes are being replaced in communities that include Ottawa, Montreal, Quebec's eastern townships, Bathurst, N.B., Halifax, Charlottetown and St. John's.

He says the postal agency began notifying customers about the lock replacement in September, advising them that the change would be coming.

Customers whose mailbox locks are being replaced are sent a new set of keys about two weeks before the change is made.

Hamilton says the lock replacement is now underway and the work will continue for the next few months.

He says Canada Post wants customers to continue to contact the Crown corporation if they have problems with their mailboxes.

"Last winter we had an unacceptable level of customers experiencing frozen locks, mainly in Eastern Canada," Hamilton said in an interview. "We're going back to those areas where we had issues and replacing the locks for the community mailboxes in those areas."

> **Last winter we had an unacceptable level of customers experiencing frozen locks.**
> Jon Hamilton

Hamilton noted that not everyone who will have their locks replaced experienced issues last winter, but Canada Post is nonetheless taking the action to prevent future problems.

The lock replacement effort comes as Canada Post's community mailbox expansion plan is currently uncertain.

THE CANADIAN PRESS

Canada Post will replace the locks on thousands of community mailboxes after a number of them were frozen shut last winter. RYAN REMIORZ/THE CANADIAN PRESS

IN BRIEF

Oil company sells pipeline for $3.7B

Pipeline company TransCanada says it expects to realize US$3.7 billion from the sale of its U.S. Northeast power business to two buyers. It announced earlier this year it would sell the assets in order to finance its purchase of the Columbia Pipeline Group. TransCanada also announced it plans to maintain full ownership interest in its Mexican natural gas pipeline business and said it would raise $3.2 billion through a bought deal offering of common shares.

THE CANADIAN PRESS

market minute

DOLLAR 74.67¢ (+0.10¢)
TSX 14,778.32 (- 8.95)
OIL $46.67 US (- 19¢)
GOLD $1,288.00 US (+$14.90)

NATURAL GAS: $2.90 US (-12¢)
DOW JONES: 18,037.10 (- 105.32)

FINANCES

Housing market, debt risks better addressed by lawmakers: Expert

Bank of Canada governor Stephen Poloz says risks from household debt and the housing market will be better addressed by the government's recent policy moves, not by adjusting interest rates.

In a speech in Vancouver, the head of Canada's central bank said adjusting interest rates is a "very blunt tool," which has widespread effects.

"Our view is that these so-called macroprudential policies are best placed to deal with threats to financial stability because they can be designed to target specific financial vulnerabilities," Poloz said Tuesday.

"Given all the work done to strengthen the global financial system over the past few years, it makes even more sense to separate monetary policy from efforts to stabilize the financial system."

Household debt levels have hit record levels in recent years and housing markets have boomed, helped by low interest rates that have allowed consumers to borrow cheaply.

Poloz said the bank does not ignore financial stability issues but suggested it has flexibility to deal with uncertainty.

"We acknowledge that there is always uncertainty around the outlook for inflation, and developments in the financial system bring uncertainties for financial stability," he said.

"These uncertainties generate a zone within which we can tolerate variations in either the risks to our inflation outlook or risks to financial stability."

The Bank of Canada uses the inflation target when determining monetary policy and setting its key overnight interest rate.

> **2%**
> **The central bank and the federal government kept their inflation target at 2 per cent.**

The central bank and the federal government renewed their inflation-targeting framework agreement last week. The target was kept at two per cent, the midpoint of a range of one per cent to three per cent that the central bank deems acceptable.

However, the Bank of Canada said it will change the way it measures core inflation, which it uses to help focus on the underlying trend in inflation. It will use three different ways to measure instead of a single method of assessing core inflation.

Poloz noted that because the inflation-targeting framework is an agreement between the federal government and the central bank there is an explicit commitment from the government to support its pursuit of low, stable and predictable inflation.

"The agreement therefore means that all economic policies, including monetary, fiscal and macroprudential, can work together in a complementary fashion."

Poloz said the central bank's use of an inflation target has served the economy well, but it continues to look for ways to improve.

"We will be looking for new ways to engage with Canadians in a discussion about our framework," he said.

Canada started using an inflation target to guide monetary policy in 1991 and has kept the target set at two per cent since 1995.

Poloz told a news conference after his speech that the new federal measures to stabilize the housing market are "well intended and well designed."

THE CANADIAN PRESS

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metro VIEWS
Your essential daily news
Wednesday, November 2, 2016

SAMANTHA EMANN ON REAL EFFECTS OF DIGITAL HARASSMENT

Virtual reality is lifelike in a way we have never experienced. It's not a stretch to imagine that getting virtually groped or stalked can also feel real.

Virtual reality (VR) has become the Wild West of the gaming world. Immersive games that make use of 360-degree screens, lifelike controls and headsets like the Oculus Rift are a new frontier that is exciting and filled with the potential for great things.

But like the real Wild West, that freedom comes with a darker side. And one aspect of that is sexual harassment.

The way we talk about and handle sexual harassment and assault is changing, slowly, thanks in large part to women who spoke out and told their stories. And that's true in the virtual world, too.

Take Jordan Belamire (not her real name) who wrote on Medium.com about her experience being sexually harassed on the virtual multiplayer game QuiVr. A fellow player, after figuring out she was female, used his character to virtually rub her character's chest and genital area. Despite her efforts to dissuade and disengage, this player continued to follow her around the gaming space until, finally, she gave up and threw off her headset.

While sexual harassment in VR is not the same as real life, its effects need to be taken seriously.

"I've been groped in real life, once in a Starbucks in broad daylight. I know what it's like to happen in person," Belamire, 30, told CNN. "The shock and disgust I felt (in QuiVr) was not too far off from that."

But the feedback Belamire received on social media was reported to the tune of, "Please explain how someone can be assaulted in any form using VR. This seems to be someone whining just to whine."

There is room to be sex-positive in the new virtual-reality world.

VIRTUAL VITRIOL It's not in players' or gaming companies' interest to let harassment continue, Samantha Emann writes. ISTOCK

Experiencing games and apps in VR feels lifelike in a way we have never previously experienced. It's not a stretch to imagine that negative things, like getting virtually groped or stalked, can also feel real. Yet we are supposed to treat it like just another game.

And, as tech journalist Taylor Lorenz told me, it's not in any company's best interest to have sexual harassment on their platform. No one wants to pay for an unpleasant or even traumatizing experience.

In response to Belamire, QuiVr's developers started allowing players to choose to put a virtual shield around their character, which makes both the target and the harasser invisible to one another.

I applaud them for offering a solution that gives some power to those being harassed. But I believe that's not enough. It's a Band-Aid. It's too focused on victims and not enough on reprimanding perpetrators. There needs to be consequences for virtual creeps within the games themselves, including banning serial harassers from being allowed to play at all. Some companies are already doing things like this.

Keeping sexual harassment out of gaming doesn't mean keeping sex out of it. There is also room to be sex-positive in this new VR world — with the right education.

"We have to have intelligent conversations and thoughtful sexual experiences through games because we are bridging that gap between what is real and what is not … and it's not wrong to want to go and try and experience something in VR that is along pornographic lines as long as everything is consensual." said Leah Jewer, the co-founder of Girls on Games, an organization that promotes gender diversity and inclusivity in gaming.

Her co-founder, Catherine Smith-Desbiens, told me sexual harassment is "not just a symptom of the gaming world, it's a symptom of rape culture. It's a very systemic problem. We have to attack the trolls the same way we have to convict the sexual offenders."

Admitting virtual harassment is a problem is not equating it to real-life assault.

The adage "Boys will be boys" is no longer an acceptable excuse for violating and harmful conduct. We cannot be content with "Trolls will be trolls," either.

It's not who we are, as gamers or as people. And if more of us are willing to talk about this issue, instead of scoffing at it, the better off our diverse and inclusive virtual community will be.

Samantha Emann (@smemann) is a copy editor. She is a co-host of Scrub League, Metro's podcast on competitive gaming. (metronews.ca/scrubleague).

VICKY MOCHAMA

Down with the made-up idea that makeup is a tool of the patriarchy

I recently got into the habit of watching makeup tutorials before bed. You can find them all over social media. I have seen countless tutorials, yet my eye shadow strategy still amounts to "smudge some stuff around your eyes." But in watching people transform themselves with makeup, I've had to think about my relationship with it.

As a pre-bed ritual, these videos fascinate because they're like home renovation shows. Every one is like a mini episode of Holmes on Homes. I know I will never remember how to shift a load-bearing wall, but I can admire how the new open-concept living room/kitchen makes the house feel bigger. Makeup is a personal renovation; even covering up can reveal something new.

Some of the magic relies on contouring, which uses bronzers, concealers and foundations to give shape to one's face. That we can slightly shift our noses with high-level brushwork and a minimum of three products is nothing less than a true merger of art and science.

Inspired by this, I wander into a beauty emporium to pick up some of the products that I've seen. At Sephora, a glamorous creature in black asks all questions that I had not thought of: "What's your skin type?" "Do you have an angled brush set at home?" "What are you trying to achieve with your eyebrows?"

The answers in order: Visible, I've never seen one but anything's possible, and world domination.

Once, I answered 'combination skin' because 'all of the above' is a plausible answer. The employee lifts my chin with a single finger, peers at me and says, "Oh, no. You have dry skin." And he was right! I have had my skin on my face for my whole life, yet I never noticed that it was dry. This stunning beautician was my personal Mike Holmes and he was here to make it right.

I used to believe that makeup was yet another tool of the patriarchy. The extra 20 minutes I spent getting ready was one more way that men had tricked me into wasting my own time. I could have been learning the sciences or how to do a lay-up in that time.

But as it turns out, the fact that I can't do a lay-up has nothing to do with the patriarchy or my blush. It's mostly that I'm not interested. As CoverGirl has shown in appointing its first male CoverGirl, makeup isn't inherently about gender, or feminism for that matter. There are things that some people are interested in — like watching people put makeup on — and things they are not, like whether one's skin is dry or combination.

At some point in your feminist education, you learn that pretty much everything is a construct. Race is a construct. Gender is a set of ideas and performance.

If everything is made up, then why not your face?

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The Weeknd to be face of H&M spring menswear line

BOOK EXCERPT **SLOWER IS BETTER BY RICARDO**

Ribs with a nod to tradition

Richardo Larrivée PROVIDED

Ricardo Larrivée is back with 75 new delicious recipes — including some amazing vegetarian dishes, moth-watering desserts, breakfasts and more — in Slower Is Better: From a Taco Fiesta to Chocolate Pudding Cake (HarperCollins).

Following the success of his other book, Slow Cooker Favourites: From Lasange to Creme Brulee, Larrivée continues to offer some great new slow-cooking options, showing foodies how to make cooking easier, more efficient and tastier than ever before.

The following two recipe excerpts are perfect options for a weeknight meal or a weekend treat.

Marsala-braised short ribs

Preparation: 45 minutes
Cooking: 8 hours
Servings: 4
Warm: Up to 6 hour. Freezes well

Short ribs are usually spotted on restaurant menus, which is why these have major star quality. The slight sweetness is courtesy of the dried currants, and the texture is a nod to traditional pork ribs. Except these are beef. And much fancier.

Ingredients:
- 3 tbsp (45 ml) cornstarch
- 2 cups (500 ml) beef broth
- 4 lb (1.8 kg) beef short ribs, cut between each bone
- 2 tbsp (30 ml) olive oil
- 1 1/2 cups (375 ml) Marsala wine
- 2 cups (500 ml) veal stock
- 2 oz (55 g) chorizo sausage, diced
- 1/4 cup (35 g) dried currants
- 4 shallots, cut into thick slices
- 2 carrots, cut into small dice
- 2 stalks celery, cut into small dice

WINE

Wine pairing
A red wine from the Douro region of Portugal pairs perfectly with these short ribs: It offers just enough tannin to create contrast and ripe fruit flavours to complement the sauce.
RICARDO LARRIVÉE

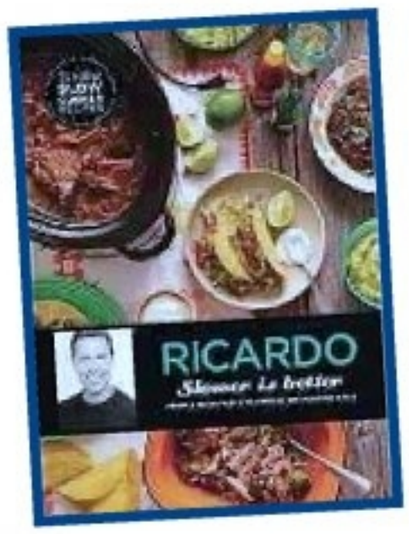
- 1 sprig fresh thyme
- Salt and pepper

Directions:
1. In a bowl, dissolve the cornstarch in the broth. Set aside.

2. In a large skillet over high heat, brown half of the meat at a time in the oil. Season with salt and pepper. Transfer to the slow cooker. Deglaze the skillet with the Marsala. Let reduce for 1 minute. Add the broth mixture and the veal stock. Bring to a boil, stirring constantly. Pour into the slow cooker.

3. Add the remaining ingredients. Cover and cook on Low for 8 hours. It can be maintained on Warm for up to 6 hours.

4. Serve with Barley Risotto and a vegetable of your choice.



RECIPES FROM SLOWER IS BETTER: FROM A TACO FIESTA TO CHOCOLATE PUDDING CAKE BY RICARDO LARRIVÉE ©2016. PUBLISHED IN ENGLISH BY HARPERCOLLINS PUBLISHERS LTD.

Vegetable frittata

Preparation: 30 minutes
Cooking: 3 hours
Servings: 8
Warm: Up to 1 hour

This dish is twice as nice: a sumptuous, custardy omelet for dinner, and a frittata sandwich the next day — your new lunch staple. Get cracking!

Ingredients:
- 2 tbsp (30 ml) unbleached all-purpose flour
- 1 tsp (5 ml) baking powder
- 1/2 tsp (2 ml) salt
- 10 eggs
- 1 1/2 cups (375 ml) milk
- 4 cups (95 g) baby spinach, chopped
- 2 cups (140 g) small broccoli florets
- 2 large tomatoes, seeded and diced
- 2 green onions, thinly sliced
- 1 cup (100 g) grated mozzarella cheese
- 1/4 cup (20 g) grated Parmigiano-Reggiano cheese
- 1/4 cup (10 g) chopped fresh basil
- Pepper

Directions:
1. Butter the inside of the slow cooker and line the bottom with a strip of parchment paper, letting it extend upward on two sides.

2. In a bowl, combine the flour, baking powder and salt. Whisk in the eggs until smooth. Stir in the milk. Add the vegetables and half the mozzarella cheese (1/2 cup/50 g). Season with pepper. Pour into the slow cooker. Sprinkle with the remaining mozzarella (1/2 cup/50 g) and the Parmesan cheese.

3. Cover and cook on Low for 3 hours. It can be maintained on Warm for up to 1 hour.

4. Run the blade of a knife between the unlined portion of the cooker and the frittata. Remove the frittata from the slow cooker. Sprinkle with the basil.

5. Serve warm or cold.

ROSE REISMAN THE SAVVY EATER

THIS WEEK: Boxed meals aren't so helpful when it comes to nutrition.

When you're in a crunch for time and looking for an inexpensive pasta dish, try Tuna Helper. With only 480 calories, this is a better option.

PICK THIS

Tuna Helper Au Gratin (made with 2 cups of 1% milk)

Calories 480
Fat 12g

SKIP THIS

Hamburger Helper Cheesy Shells (made with lean ground beef, 2 cups of 1% milk)

Calories 740
Fat 28g

HERE'S WHY

Equivalent in calories to more than 3 McDonald's Chipotle Grilled Chicken Snack Wraps.

I don't recommend serving any boxed and seasoned pasta meals when it's so easy to make a homemade pasta, but I know many do when crunched for time. If in a pinch, definitely choose the Tuna Helper over the Hamburger Helper, as it has half the calories and fat. Three ounces of lean ground beef has about 180 calories and 13g of fat compared to only 100 calories and 0.7g of fat for tuna packed in water. Big difference!

LIQUID ASSETS

Stars turning to alcohol

While celebrities hocking hooch is nothing new, 2016 has seen an unprecedented number jumping on the red hot whisky trend bandwagon with their own brands.

Some, like Wayne Gretzky's Red Cask ($34.95-$39.99), play up the celeb connection in spades, others like Virginia Black ($39.95-$49.99) that Drake offers promotion but not his name, are more subtle with their partnership.

Then there's Liquormen's Ol' Dirty Canadian Whisky ($29.95-$33.99), the first, in what I'm sure will be a bevy of beverages, from the Trailer Park Boys. While you may question what hockey players and rappers know about making booze, no one who has seen the boys in action can dispute the hands on experience they bring to the liquor industry.

Prices reflect the range across the country. PETER ROCKWELL

A sugar pie gone nuts with pecans

Follow these directions and make your own traditional pecan pie. THE ASSOCIATED PRESS

TRADITIONAL

Warm up your fall with this delicious, simple recipe

Pecan pie can be difficult to describe. It's not a fruit pie or a cream pie, and it's not a traditional custard. It falls into a loosely defined category most familiar to our Southern friends — the sugar pie.

Sugar pies can be found in many styles and variations, but at its roots, a sugar pie is a single-crust pie with a baked filling of sugar, eggs and flavourings.

The sugar used can be granulated sugar, brown sugar, corn syrup, maple syrup, honey or molasses, depending on what you want your standout flavours to be.

Pecan pies are commonly made with corn syrup, which lends a neutral flavour that helps the nuttiness of the pecans shine through, but substituting maple syrup can give richness and complexity without altering the texture.

Because the filling of sugar pies can be very soft, the pecans play an important textural role. These nuts can be added whole, chopped or a combination of both. They will soak up some of the filling, which will make them tender enough to cut with a fork, but with enough bite to contrast the soft, creamy filling.

Pecan pies are simple to prepare (easy as pie!), but it can be tough to determine when your pie is done. Sugar pie fillings won't always look perfectly firm when they are still hot in the oven. You will notice that the edges of the filling, just along the crust, will be a little bit puffy — like a souffle — even when the interior still appears slightly wet and jiggly. This is a good indicator that your pie is ready.

Pecan Pie

Makes: One single-crusted 9-inch pie.
Active time: 40 minutes
Inactive time: 1 1/2 hours to overnight

Ingredients:
- 1 recipe single-crust pie dough
- 1 1/2 cups toasted pecan halves
- 1/2 cup tightly packed light brown sugar
- 2 tablespoons all-purpose flour
- 3/4 cup light corn syrup
- 3 large eggs, lightly beaten
- 4 tablespoons (1/2 stick) unsalted butter, melted and cooled
- 2 teaspoons vanilla extract
- 1/4 teaspoon salt

Directions:

1. Preheat the oven to 400 F. Roll out the pie dough and use it to line a 9-inch pie. Partially blind bake the crust. Let cool to room temperature in the pan on a rack before filling. Keep the oven temperature at 400 F.

2. Spread the nuts in an even layer over the bottom of the partially baked pie shell. Stir the brown sugar and flour together in a mixing bowl until well blended. Add the corn syrup, eggs, butter, vanilla extract and salt and blend well. Pour the mixture over the nuts, disturbing the nuts as little as possible.

3. Place the pie on a baking sheet and bake until the centre is softly set, 30-35 minutes. Let the pie rest for at least 20 minutes before slicing. Serve warm or at room temperature.
pickled carrots and daikon.

Nutritional info:
703 calories; 353 calories from fat; 40 g fat (6 g saturated; 1 g trans fats); 138 mg cholesterol; 416 mg sodium; 80 g carbohydrate; 4 g fiber; 40 g sugar; 10 g protein.

THE ASSOCIATED PRESS

Payton's new role full of charisma

INTERVIEW

Walking Dead actor went from fandom to King Ezekiel

The Walking Dead's newest cast member, Khary Payton, stands behind the show's controversial season 7 premiere, noting "it was a brutal episode but it was also six years in the making."

Payton's new character, King Ezekiel, was introduced in Sunday's episode, a week after the gruesome season opener in which two characters were killed in vicious fashion.

"This is a zombie apocalypse — you're going to lose people that you care about," Payton said Monday in a phone interview.

"I think if it happened in a Shakespearean way in which all the action takes place offstage and someone just runs in and tells you Glenn died, everybody is going to be disappointed. There's a certain amount that you have to experience in order for you to be satisfied, from a storytelling aspect.

"And the truth is that if you've been connecting with characters for several years and you're invested in them, it's supposed to be brutal when they go — that means that they meant something to you and that's what we're trying to do with this show. And frankly, if there is no conflict, then there is no drama."

As leader of a community called the Kingdom, Payton's charismatic character sits on a throne with a snarling tiger (which is created with special effects in post-production) by his side. He offers his followers protection from threats in the outside world — be they living or dead. He appears to be an ally for Rick and his group, who are reeling from their deadly encounter with Negan and his gang, the Saviors.

Payton, who hails from Georgia, acknowledges there is a duality to friendly King Ezekiel.

"I think when you're living in a crazy world, you've got to somehow deal with it in maybe an unconventional way," said Payton.

"It's like that Seal song, 'We're never gonna survive unless we get a little crazy.'"

The character stems from the comic books that inspired the AMC series, but the onscreen version has some differences.

"I enjoy reading the comic books, but I don't put any stock into the way that the comic books are going and what we might do on the TV series itself," said Payton.

The Walking Dead's newest cast member, Khary Payton, who plays King Ezekiel, stands behind the show's controversial season 7 premiere. THE CANADIAN PRESS/HO-AMC, GENE PAGE

> **The thing that you fight in this show is your own sense of humanity.**
> Khary Payton

"Every time I think I've got it figured out, (writer-producer) Scott Gimple will throw me a curveball. So I just try to keep myself open to all the possibilities."

Payton said he was a fan of the show before landing the role, so it was easy to integrate himself into the cast. But he had to keep the part a secret.

"I've done video games and things where they want you to keep it a secret for two years," said Payton, who has also voiced characters for several animated series including Teen Titans and Young Justice.

"But this was about six months of not being able to talk about this story and three months of not being able to even say that I was on The Walking Dead, so it's been a long time.

"When I shot the first episode, they threw a sheet over me and I had to dive in the back of the transportation truck and make sure that no one saw me coming or going — and fortunately nobody really knew who I was, so it was pretty easy.

"But it was also kind of a weird experience to get the biggest job of my life and not be able to say a word about it."

Payton couldn't say much about future episodes, but noted that when it comes to fighting villains, there's a bigger picture at play.

"I think the thing that you fight in this show is your own sense of humanity and how much of your humanity you're willing to give away to fight, to survive — are you going to live or are you just going to merely survive?" he said.

"The villains may change but at the end of the day the fight is within really yourself."

THE CANADIAN PRESS

JOHANNA SCHNELLER WHAT I'M WATCHING

Family drama preaches to the secular choir

THE SHOW: This is Us (CTV) Season 1, Episode 4
THE MOMENT: The sermon in the store

Randall (Sterling K. Brown), who was adopted at birth by a white family, is shopping for pants with his birth father William (Ron Cephas Jones), whom he met only recently. Earlier, Randall's neighbor had called security because she thought William was a vagrant, and Randall had waved off the incident.

"You didn't like me apologizing for you," Randall says now. "Because I grew up in a white house, you think I don't live in a black man's world."

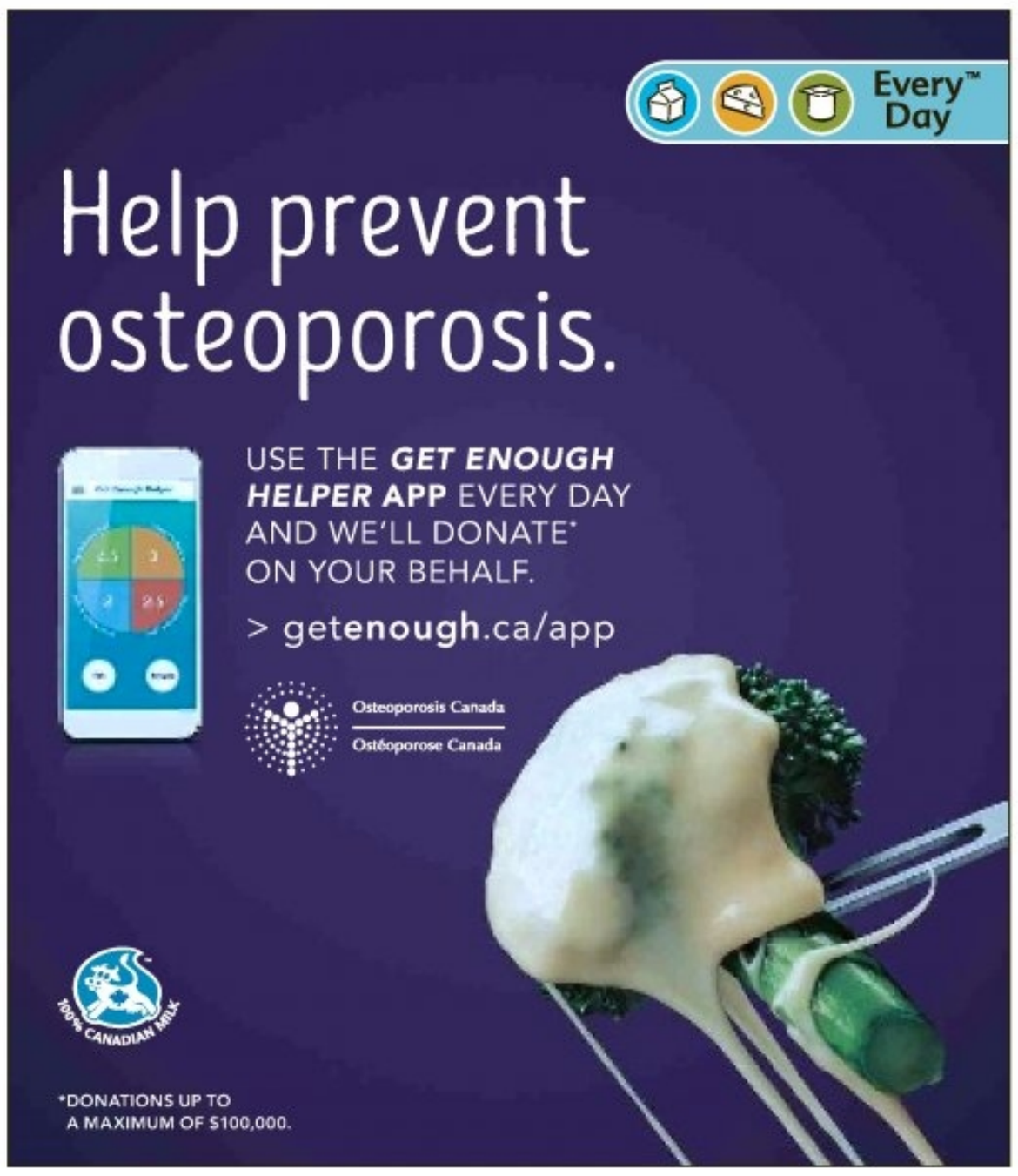
William protests, but Randall continues: "You know the one — where that salesman has been eyeballing us ever since we came in. Where they'll ask for an ID with my credit card, even though they haven't asked for anybody else's. Plus a million things every day that I have to choose to let go. Just so I'm not pissed off all the time. Now try on the damn flat-front chinos."

Sterling K. Brown gives a nuanced performance as adoptee Randall in CTV's This is Us. CONTRIBUTED

This Is Us is the kind of precision-crafted, network family drama — think Parenthood, Brothers & Sisters, thirtysomething — that acts as a secular church, communicating to us the rules of civil society. We witness good people navigating life's quandaries, and assess whether their choices are right or wrong.

This may seem square given our current jones for antiheroes, where we delight in watching flawed people make bad choices. But as last May's record-breaking response to the teaser trailer for This Is Us proved (60 million Facebook and YouTube views), if a secular-sermon show is written and cast as well as this one, there's a real hunger for it.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.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metro WHEELS
Your essential daily news

Beautiful Maserati Alfieri reportedly delayed again

The Cruze leaves smiles for miles

REVIEW

Five-door adds a sporty option to the Chevy family

Michael Accardi
AutoGuide.com

In the perpetual renaissance city of Detroit, Chevrolet has introduced a car it hopes will spark a five-door renaissance in North America: the 2017 Cruze Hatchback.

This marks the first time North American shoppers are offered the Cruze in multiple body shapes, and Chevrolet is hoping the hatch's 47.2 cubic feet of cargo capacity, coupled with the brand's commitment to connectivity, will help introduce the Cruze to a new set of buyers.

The Mexican-made five-door gives the Cruze lineup a functional and sporty-ish choice that the brand hopes will appeal to a more male, more affluent and more urban-centered user base than the sedan.

Further aiding Chevy's drum for new drivers is the addition of a 1.6-liter diesel engine in 2017, which will be available at multiple price points across the Cruze family in the hopes of courting spurned Volkswagen TDI lovers.

Premier shoppers can go one further and opt for the Driver Confidence II Package, which adds IntelliBeam automatic highbeam control, forward collision alert, following distance indicator, and lane departure warning with lane keep assist.

The 153-horsepower 1.4-liter turbocharged four-cylinder carries over from the sedan, as does its 106.3-in wheelbase, the biggest change — besides its new found booty — is an eight-inch shorter overall length, which conspires to change everything.

Inside, the new hatchback posts its most significant gains over the four-door in carrying capacity, dwarfing its sibling by almost double with the seats up, and triple with the seats down. I was told the sedan and hatch actually share rear doors, as evidenced in the modest headspace gains, but the five-door does add a feeling of airiness along with improved rearward visibility.

The 2017 Chevrolet Cruze Hatchback isn't a car that will make memories in and of itself, but instead, it's a tool that Chevy hopes will offer shoppers the freedom to make new memories wherever the road may take them.

No, it's not a Focus RS, Civic Type R, or even a VW GTI, but that doesn't mean the 2017 Cruze hatch doesn't have plenty of smiles-per-miles potential. It's just a different type of smile, one that doesn't come from the visceral thrill of driving, but from the warm and fuzzy memories of a time well had.

THE CHECKLIST | 2017 CHEVROLET CRUZE HATCHBACK

THE BASICS

Engine: 1.4L turbo 4-cylinder
Power: 153 hp, 177 lb-ft of torque)
Transmissions: 6-speed manual, 6-speed automatic
Fuel Economy (L/100km): 8.3 city, 6.4 hwy, 7.4 combined (LT manual)
Price: $20,595

LOVE IT
- Rigid chassis = more fun
- Sharp styling
- Light and airy cabin

LEAVE IT
- Tire noise in Premier trim
- Manual gearbox is boring
- Automatic feels slow
- Still no spice

TECHNOLOGY

Tesla taking turn toward self-driving

Jason Siu
AutoGuide.com

Tesla has announced that all vehicles being produced now will have full self-driving hardware.

Although it's not quite the Tesla Model 3 "part 2" announcement many were anticipating, the American electric automaker has confirmed that all new vehicles being produced now will have the hardware necessary for the vehicle to be fully autonomous. That includes the upcoming Model 3 as Tesla continues to focus on building up its Autopilot software despite all the controversy currently surrounding it.

In total, eight surround cameras will be used to provide 360-degree visibility around the car at up to 250 meters of range, Tesla said in a blog post. In addition, 12 updated ultrasonic sensors will complement the vision, allowing for detection of both hard and soft objects at nearly twice the distance of the prior system. There will also be a forward-facing radar with enhanced processing to provide additional data about the world on a redundant wavelength that is capable of seeing through heavy rain, fog, dust and even the car ahead.

In order to make the new system work, Tesla vehicles will be outfitted with a new onboard computer that the company claims has more than 40 times the computing power of the previous-generation unit. The computer will run the new Tesla-developed neural net for vision, sonar, and radar processing software.

Both Model S and Model X vehicles with the new hardware are already in production, and customers can purchase one today. But before the company can activate the new hardware, it has to further calibrate the new system using real-world driving data. Interestingly enough, Tesla vehicles with the new hardware will temporarily lack certain features that current Tesla vehicles have with first-generation Autopilot hardware, including automatic emergency braking, collision warning, lane holding and active cruise control.

Tesla Model S on display in downtown Los Angeles. RICHARD VOGEL/THE ASSOCIATED PRESS

metro SPORTS

John Herdman, who led Canada to a bronze medal at the Rio Olympics, is one of 10 contenders for FIFA women's coach of the year

Cubs' big bats send series to a decider

WORLD SERIES

Russell drives in key runs as Chicago keeps its dream alive

The Cubs' Ben Zobrist scores a run upon crashing into Cleveland catcher Roberto Perez during Game 6 of the World Series on Tuesday night in Cleveland. With a 3-2 series lead, Cleveland had the opportunity to win its first World Series since 1948 but the Cubs big bats broke out early and often to send the series to a decider on Wednesday night. JAMIE SQUIRE/GETTY IMAGES

After 108 years, what's one more day? The Chicago Cubs are far from finished. They're frothing.

Addison Russell hit a grand slam and tied a World Series record with six RBIs, and Chicago took advantage of a huge early misplay in Cleveland's outfield as the Cubs throttled the Indians 9-3 on Tuesday night in Game 6 to push this tense tug-of-war between baseball's two longest title drought holders to the limit.

Game 7, it is. The biggest, most nerve-wracking day yet. For one city, hysteria. For the other, heartbreak. Kris Bryant homered to spark a three-run first inning, Russell hit the first slam in the Series in 11 years and Jake Arrieta worked into the sixth as the Cubs, who came to Progressive Field one win from elimination, are now one victory from their first championship since 1908.

Indians ace Corey Kluber, dominant while winning Games 1 and 4, starts again on short rest Wednesday night at home against big league ERA leader Kyle Hendricks.

The NL champions, who also got a two-run homer from Anthony Rizzo, are trying to become the seventh team to rally from 3-1 deficit and first to do in on the road since Willie Stargell and the Pittsburgh Pirates came back against Baltimore in 1979.

Cubs manager Joe Maddon didn't take any chances despite a comfortable late lead, using atomic-armed Aroldis Chapman for one out in the seventh, the eighth and one batter in the ninth. The lefty will be on call for Game 7.

The Cubbies, shut out twice earlier in this Series, brought their clubbies to Cleveland.

They hammered Josh Tomlin, who couldn't get out of the third inning and didn't get any help from his outfield in the first. The right-hander, who was so effective in Game 3 at Wrigley Field, pitched on short rest for the second time in his career but wasn't the problem as much as his location. THE ASSOCIATED PRESS

GAME 6 In Cleveland

CUBS	INDIANS
9	3

GOLF

Tiger ready to make return in Bahamas

Tiger Woods said Tuesday he is playing his Hero World Challenge in the Bahamas the first week of December, which would be his first competition in more than 15 months if he follows through with it.

Woods left himself open to doubt by entering the Safeway Open last month, only to pull out three days later when he said his game was not ready. "I am excited to make my return at the Hero World Challenge at Albany," he said in a news release that announced the 18-man field for the unofficial tournament that awards world ranking points but is not part of any tour. Woods is the tournament host of a holiday event that began in 1999.

He is a five-time winner, all of those victories coming at Sherwood Country Club in Thousand Oaks, Calif., before the tournament moved to Isleworth in Florida and then to the Bahamas.

831

Tiger Woods' current world ranking.

Woods, now at No. 831 in the world ranking, last played in the Wyndham Championship in August 2015 when he tied for 10th.

He had two back surgeries over the next few months and has said he would not return until fully healthy. THE ASSOCIATED PRESS

IN BRIEF

Halfpipe skier retires

Concussions have forced Justin Dorey to retire from the national halfpipe freestyle ski team after he helped establish Canada as a power in the sport.

The 28-year-old from Vernon, B.C., won the overall World Cup title in 2014 and was a Dew Tour champion in 2012. Dorey and Canadian teammates Mike Riddle and Noah Bowman made the Olympic final in Sochi, Russia, in 2014 when their sport made its Winter Games debut. THE CANADIAN PRESS

Nunes clash 'definitely one of my last fights,' says Rousey

Ronda Rousey says her bantamweight title shot against Amanda Nunes at UFC 207 will be one of her final mixed martial arts bouts.

The 29-year-old hasn't fought since November 2015, when she lost her title to Holly Holm. "I'm wrapping it up," she said. "This is definitely one of my last fights, so everyone better watch, because the show isn't going to be around forever." THE CANADIAN PRESS

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IN BRIEF

3-point master Allen retires
Ray Allen announced his retirement from the NBA on Tuesday, ending a career that saw him make more 3-pointers than any player in league history and win championships with Boston and Miami.

Allen last played with the Heat in 2014. Allen spent 18 seasons in the league with Milwaukee, Seattle, the Celtics and then the Heat. He made 2,973 3-pointers, 413 more than anyone else has to date. THE ASSOCIATED PRESS

CFL weekly award goes to Elimimian, Reed and Madu
B.C. Lions linebacker Solomon Elimimian and Ottawa Redblacks teammates Taylor Reed and Mossis Madu Jr. are the CFL's top players for Week 17.

Elimimian had 10 tackles and two sacks as the Lions defeated the Saskatchewan Roughriders 24-6 on Saturday. Reed, a linebacker, recorded a career-high 12 tackles in the Redblacks' 23-10 victory over Winnipeg at Investors Group Field on Saturday. THE CANADIAN PRESS

Irving helps Cavs to 4-0
Kyrie Irving scored a season-high 32 points and the reigning NBA champion Cleveland Cavaliers remained undefeated, beating the Houston Rockets 128-120 on Tuesday night.

Kevin Love scored 24 points while LeBron James added 19 points and 13 rebounds as Cleveland placed six players in double figures. The Cavs are 4-0 for the first time in 16 years. James Harden scored a season-high 41 points. THE ASSOCIATED PRESS

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9	7	3	5	4	8	1	6	2
6	4	1	9	3	2	8	5	7
8	2	5	7	1	6	4	9	3
2	1	7	6	9	4	5	3	8
4	5	8	1	2	3	6	7	9
3	6	9	8	5	7	2	4	1
1	3	4	2	7	5	9	8	6
7	9	6	4	8	1	3	2	5
5	8	2	3	6	9	7	1	4

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McCallum comes out of retirement for B.C.

CFL

Ex Lions kicker will fill in during playoffs for out of form Leone

Paul McCallum hadn't touched a football since retiring when he answered his phone on Sunday. By Tuesday morning, he was back kicking with the B.C. Lions.

The 46-year-old has rejoined the playoff-bound CFL club with a game left in the regular season after Richie Leone's troubles with field goals and converts reached its breaking point over the weekend.

"I had come to terms with my football career (being) over," said McCallum, who spent last season with the Saskatchewan Roughriders before retiring as a Lion in March. "Mentally I had moved on from it."

The Vancouver native played 23 CFL seasons, including 11 with B.C. from 1993-1994 and then again from 2006-2014. He has also suited up for 11 playoff games and two Grey Cups, winning in both 2006 and 2011 with the Lions.

And while he hadn't booted a football in ages, McCallum said he has stayed active.

"Kicking soccer balls with my daughter," he said. "I feel pretty good. We'll see what happens.

"It's a ball. I've been kicking since I was four, so I figure I'll be OK." What hasn't been OK in 2016 for the Lions is Leone's ability to hit field goals and converts.

An excellent punter with an average of 49.3 yards, the 24-year-old has struggled with place kicking. He missed two converts, as well as field goal attempts of 30 and 45 yards, in B.C.'s 24-6 road win over Saskatchewan on Saturday. He has hit on just 35-of-51 of his field goal attempts (68.6 per cent) this season.

Lions head coach and general manager Wally Buono said that Leone will still handle punts and kickoffs, while McCallum will line up for field goals inside the 50-yard line.

"I don't see it as desperation," said Buono, who added Leone could still be called on for longer kicks. "At certain points you've got to move forward. We're moving forward. We were fortunate to have Paul here." Coincidentally, it was Leone's presence that ended McCallum's last stint with the Lions at training camp in 2015.

Former head coach Jeff Tedford wanted one player to handle all three facets of the kicking game, and McCallum found himself on the outside looking in.

Despite that potentially awkward situation, McCallum and Leone became friends during their brief time as teammates and remained close afterwards, with the former offering the player who took his job tips on their craft.

"We've talked if he had any issues or if there were things he needed help with," said McCallum. Buono said the impact that missing field goals — especially chips shots — can have on team morale went into the decision to go out an get a player who has kicked in numerous pressure-packed situations.

THE CANADIAN PRESS

B.C. Lions' Paul McCallum, right, kicks a field goal as Thomas DeMarco holds during the second half of a CFL football game against the Winnipeg Blue Bombers. THE CANADIAN PRESS/DARRYL DYCK

23
Number of CFL seasons Paul McCallum has played, 11 of those with the B.C. Lions.

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SALE

RECIPE Easy Broccoli and Cheese Soup

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

Is there any need to sell this soup to you? It's got the two best sales pitches right in the name "easy" and "cheese." OK, broccoli gives you lots of vitamin C , but, honestly, does that compete with cheese?!

Ready in 35 minutes
Prep time: 10
Cook time: 25
Serves 4

Ingredients
- 4 cups broccoli florets and stem (cut off tough ends) chopped fairly small
- 1 onion chopped
- 2 cups chopped, peeled potato
- 2 cloves garlic minced
- 1 glug olive oil
- 4 cups stock (vegetable or chicken, low sodium)
- 1 1/2 cups milk
- 1 cup grated cheddar
- 1/4 cup grated Parmesan
- salt and pepper to taste

Directions

1. Sauté onion and garlic in a Dutch oven or other large, heavy-bottomed pot for about 5 minutes until soft.

2. Add vegetables and stock and allow to simmer for about 20 minutes until the vegetables are tender.

3. In small batches, ladle the broth and vegetables into your blender and puree. Pour each batch into a bowl as you go. Pour the puree back into your pot.

4. Over medium heat add milk and cheese and stir until the cheese melts. Add salt and pepper to taste.

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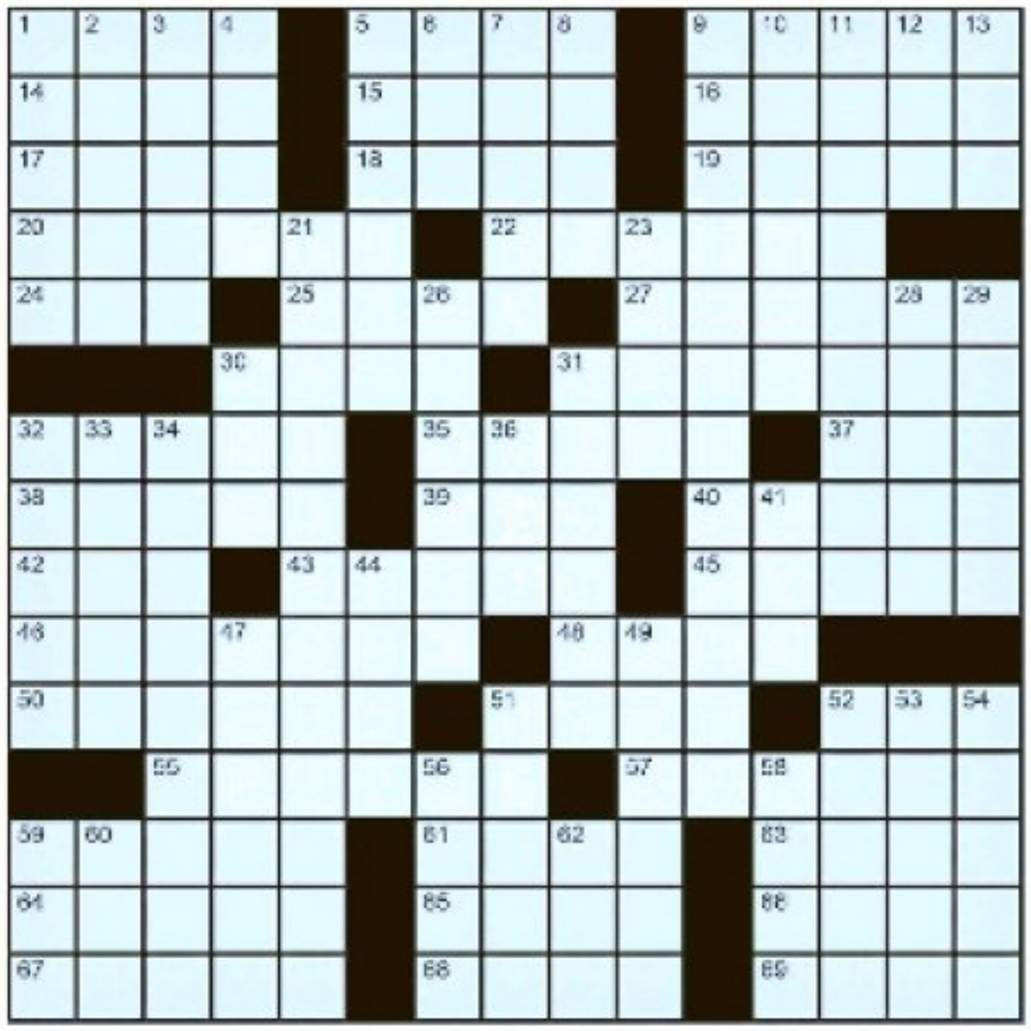
BY KELLY ANN BUCHANAN



ACROSS
1. List-ending abbreviations
5. _ de soie (Silk cloth)
9. Pump-wearer's relievers
14. Capital of Qatar
15. Donations
16. Extreme
17. Egyptian sun god, variantly
18. _ up (Become tight-lipped)
19. Birth-related
20. Character in "The Jungle Book" (2016)
22. Plotter's strategy
24. Author Ms. Hinton, et al.
25. Encumbrance
27. Heavenly god in ancient Greek mythology
30. _. donor (Unknown benefactor)
31. 1988: "A Little Respect" duo
32. _ Dog Night
35. Relax
37. Historic time
38. Open court hearings
39. Wax-stripping site
40. Someone who appraises
42. Dictionary abbr.
43. Range in Quebec, _ Mountains
45. Keeners
46. Invent, as a story or idea: 2 wds.
48. Bivouac
50. Frozen fruity treat
51. _ carpet
52. _ of the Covenant
55. _ and Delilah
57. Memoirs of a _ (Arthur Golden novel)
59. "Clueless" (1995) actress Ms. Donovan
61. Knitting supply
63. Luxury fashion label
64. Coal _
65. TV/movies actor Rob
66. Recipe instruction, _ _ pinch of salt
67. 1991 Warren Beatty title movie gangster role
68. Proofreading mark
69. Airline reservations spot

DOWN
1. Red wax cheeses
2. From head-_-_
3. Enjoys gum
4. Performed a ballad
5. "Serpico" (1973) star Al
6. Kay's alphabetic follower
7. Accumulate
8. "Gomer Pyle, _._._._."
9. Silent movie Western starring Canadian actress Mary Pickford's younger sister Lottie, "The Man from _ _" (1918)
10. Doubled-letter-beginning creatures
11. Diminish in strength
12. 1708 Attilio Ariosti opera, Amor _ Nemici
13. "My Gal _" (1942)
21. "She said I don't know / Must be in my soul..." hit by Canadian band Chilliwack: 2 wds.
23. Catapult
26. Take a fastener off the papers
28. Cheering-on person
29. Soothsayers
30. _ Lingus (Irish airline)
31. Ten person race placement
32. Some amphibians
33. Household bill, commonly
34. _ Rapids (Watery wonder in New Brunswick)
36. Fellows
41. Do film work
44. Disapproving utterances
47. Puts down
49. Wee raptor
51. Nose-in-the-air type
52. Hit's place on a vintage record
53. Valerie Harper sitcom character
54. 18-_ gold
56. Stealth birds
58. Ms. Lupino's
59. Pol. abode in Ottawa
60. Lucy of "Ally McBeal"
62. Be beholden

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Travel plans look exciting! Talk to a close friend or partner about plans to expand your world through further studies, publishing or exploring new places.

Taurus April 21 - May 21
Financial discussions will go well today, especially if they refer to shared property, inheritances, taxes and debt. Even discussions that are work-related will financially benefit you.

Gemini May 22 - June 21
This is a good day to discuss business with others. It's also a good day to enjoy the company of others and just hang out with friends. Basically, you just want to be happy.

Cancer June 22 - July 23
You can accomplish a lot at work today because your relations with coworkers are positive. For some, workrelated travel will be pleasant and profitable.

Leo July 24 - Aug. 23
This is a positive day, because the Moon is in your fellow Fire sign dancing with lucky Jupiter. This encourages happy, upbeat vibes with everyone you meet. Enjoy playful activities with children.

Virgo Aug. 24 - Sept. 23
Family discussions will go well today. This is a good day to explore redecorating ideas that you have been considering.

Libra Sept. 24 - Oct. 23
This is a strong day for those of you who write, sell, market, teach or act, because your communication skills are strong. Enjoy conversations with siblings, relatives and neighbors.

Scorpio Oct. 24 - Nov. 22
Business and commerce are favored today. You also will enjoy buying something for your home or exploring realestate possibilities.

Sagittarius Nov. 23 - Dec. 21
Today the Moon is in your sign dancing with your ruler, lucky Jupiter. That's why you feel happy, relaxed and content with the world. Things will tend to go your way today.

Capricorn Dec. 22 - Jan. 20
Solitude in beautiful surroundings will please you, so find a private moment just for yourself. Even a quiet cup of coffee with a newspaper will be a moment of luxury.

Aquarius Jan. 21 - Feb. 19
A female friend can help you today. Be open to offers of assistance. In turn, don't hesitate to ask someone for help.

Pisces
Feb. 20 - March 20
Personal details about your private life are under discussion by others today. No worries, because things look positive. In fact, people are saying good things about you!

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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Prime Minister Trudeau

YOU SAID YOU'D BE DIFFERENT.

Justin Trudeau The Platform

Liberal

"I have a fundamentally different view than Stephen Harper of our public service. Where he sees an adversary, I see a partner. I believe that in order to have a public service that is valued by Canadians, and a source of pride for its members, it must be valued by its government. That begins with – and necessitates – respecting the labour rights of public servants, and trusting in their ability to provide effective, independent, and professional services for Canadians."

Justin Trudeau
Open Letter to Public Servants
September 25, 2015

After 10 years of Harper government cuts, Justin Trudeau said he'd fix public services and repair the relationship with the workers who deliver them.

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